

HARFORD COUNTY SENIOR CENTERS

LUNCH MENU - MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. TWO (2) working days in advance. To order a meal designated as a "Special Lunch" (SL) (Mar. 14), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. FIVE (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk.</p> <p>Vegetarian lunch option is available; Please see the front desk for details and to sign up. Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal.</p> <p>Lunch cost: Age 60 and over: \$3.00 is the suggested donation. Under Age 60: There is a \$5.00 charge for lunch.</p> <p><i>All meals are catered by Business Food Solutions, Inc.</i></p>				<p>1.</p> <p>TUNA SANDWICH Split Pea Soup Orange Blossom Carrots Salad Tropical Fruit Chocolate Milk Apple Juice</p>
<p>4.</p> <p>SPAGHETTI & MEATBALLS Romano Blend Veggies Moroccan Chick Pea & Barley Salad Mandarin Oranges White Wheat Bread Fruit Punch Milk</p>	<p>5.</p> <p>VENETIAN CHICKEN BREAST w/Tarragon Shallot Sauce Red Skin Potatoes Wax/Green Bean Medley Cinnamon Applesauce White Wheat Bread Orange Juice & Milk</p>	<p>6.</p> <p>OPEN FACE TURKEY SANDWICH w/Gravy Mashed Potatoes Harvard Beets Copper Pennies Fruit Cup Milk</p>	<p>7.</p> <p>BEEF STROGANOFF Buttered Noodles Mixed Vegetables Tropical Fruit White Wheat Bread Apple Juice Milk</p>	<p>8.</p> <p>CURRIED CHICKEN, PINEAPPLE & RAISIN SALAD Served on Baby Spinach Multi Bean Soup Dilled Baby Carrots Hot Cinnamon Apples White Wheat Bread Chocolate Milk</p>
<p>11.</p> <p>MEATLOAF w/Gravy Garlic Mashed Potatoes Peas & Pearl Onions Mandarin Oranges White Wheat Bread Fruit Punch Milk</p>	<p>12.</p> <p>PULLED PORK BBQ Midwest Baked Beans Cole Slaw Pineapple Tidbits Orange Juice Milk</p>	<p>13.</p> <p>CHICKEN CACCIATORE Brown Rice Pilaf Romano Blend Veggies Diced Peaches White Wheat Bread Cranberry Juice Milk</p>	<p>14. (SL) Sign up by 3/7</p> <p>CORNERED BEEF Red Skin Potatoes Steamed Cabbage Copper Pennies Corn Muffin Sheet Cake Cranberry Juice Milk</p>	<p>15.</p> <p>ALL SENIOR CENTERS WILL BE CLOSED FOR STAFF MEETING</p>
<p>18.</p> <p>HEARTY BEEF & VEGETABLE STEW White Wheat Roll Chilled Pears Pineapple Juice Milk</p>	<p>19.</p> <p>OLD BAY CHICKEN SANDWICH Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Milk</p>	<p>20.</p> <p>BAKED PORK CHOP SOUBISE Braised Cabbage Scalloped Potatoes White Wheat Bread Fruit Cocktail Fruit Punch Milk</p>	<p>21.</p> <p>CHICKEN MARBELLA Yellow Rice Pilaf Green Beans Fruit Cup White Wheat Bread Orange Juice Fruited Yogurt w/topping</p>	<p>22.</p> <p>OPEN FACE SALISBURY SANDWICH Seasoned Greens Moroccan Chick Pea Salad Apple Crisp Grape Juice Milk</p>
<p>25.</p> <p>GRILLED CHICKEN & PASTA SALAD Served on Baby Spinach Tomato Soup Mandarin Oranges Corn Muffin Milk</p>	<p>26.</p> <p>HOT HAM & SWISS SANDWICH Greek Style Salad w/Feta Cheese Steamed Carrots w/Dill Sliced Apple Packs Chocolate Milk</p>	<p>27.</p> <p>POT ROAST w/ Tomato Gravy Red Skin Potatoes Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice Milk</p>	<p>28.</p> <p>CHICKEN FAJITAS Pico de Gallo Fiesta Black Beans Cucumber Salad Milk</p>	<p>29.</p> <p>MAPLE GLAZED BAKED HAM Seasoned Green Beans Mac & Cheese Broccoli Slaw White Wheat Bread Pineapple Juice Fruited Yogurt w/topping</p>

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